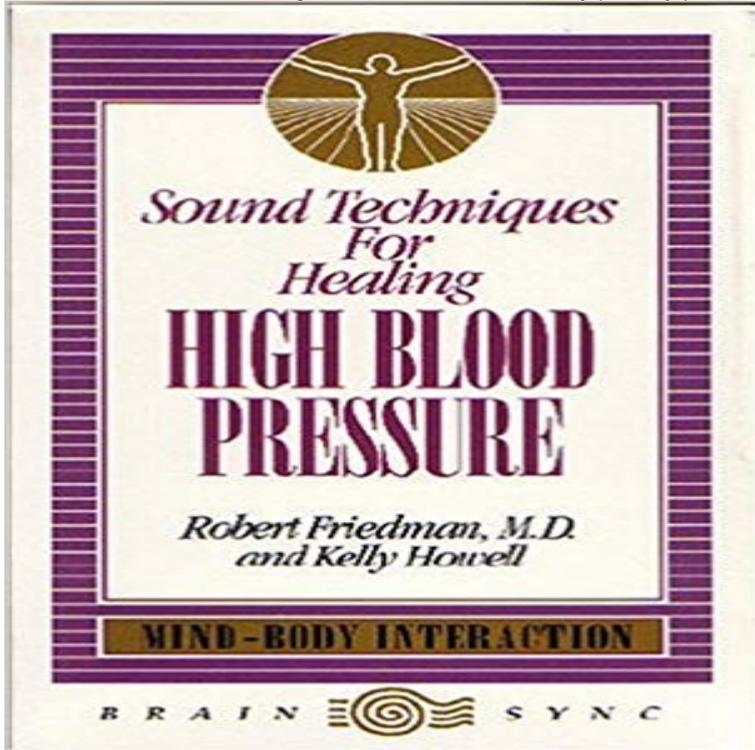


## Sound Techniques for Healing High Blood Pressure



You are guided to apply finger pressure to the medical acupuncture points known to induce states of deep relaxation. This gentle stimulation regulates the flow of electrical energy through your autonomic nervous system--releasing a spontaneous stream of the neurochemical messengers and hormones that dramatically lower your blood pressure. Pure and precisely tuned sound frequencies combined with soothing music guide your brain wave activity into the deepest realms of relaxation. While in this remarkable and totally calming state, you are released from tension, stress and anxiety.

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